

Jack O' Lantern Joggers Carve a Path in the Pavement

By Airman 1st Class Mary Thach
Staff Writer

LINCOLN, Neb. – Forty members of the 155th Air Refueling Wing kicked off the new fiscal year by hitting the pavement at 6 a.m. for a 5K jog or one mile walk, Oct. 1, at the Nebraska Air National Guard Base.

Several participants arrived in full costume to include: a cheerleader, a Red Sox baseball player, and a skeleton in an orange flight suit, to name a few.

Runners and walkers who participated in the 2nd annual Jack o' Lantern Jog, said it is an entertaining way to incorporate fitness into their day

and helps build morale.

Capt. Michael J. Kanter, acting installation deployment officer and officer-in-charge for the Logistics Readiness Squadron, said the Jack o' Lantern jog is an unofficial autumn event he hopes will continue to be held annually to build morale and incorporate fitness.

Kanter said, "We have our fit-to-fight test each year. We need to incorporate that in everything that we do. We wanted to have an event at the end of the year that allowed us some down time, have some fun, and focus on fitness."

Last year, Nebraska Army and Air National Guard members participated in the brisk

jog together. This year, the planning committee had little time to prepare because of the airshow, so advertising was limited to the Air Guard. Kanter said, the goal for next year is to have both Army and Air Guard involved.

Master Sgt. Keith Bowder, Hazardous Materials pharmacy manger and vice president of the

see **RUNNERS**
on page 5



Photo by Master Sgt. Vern Moore
Tech. Sgt. Megan Zuver, 155th Safety Office, donned her Boone Central High School cheerleader uniform to run the 5K Jack O' Lantern jog on Saturday, Oct. 1 at the Nebraska Air Guard Base.

Chiefs Pancake the Base During Annual Feed

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. – The smell of maple syrup drifted through the air as hungry airmen filed into the dining facility. The crisp morning air turned cheeks and noses red. Snug in fleece jackets, airmen with sleepy eyes were delighted at the sight of the feast awaiting.

The Chief's Council hosted a complimentary pancake feed Oct. 2, from 6-8 a.m., at the 155th Air Refueling Wing Dining Facility as a way of giving back to the airmen who serve the Nebraska Air National Guard.

Chief Master Sgt. William J. Kerns,



Photo by Master Sgt. Vernon Moore
Chief Master Sgt. Chuck Kreifels displays his pancake making abilities during the Chief's Pancake Feed on Oct. 2 at the Nebraska Air National Guard Base

Aircraft Maintenance superintendent and president of the Chief's Council said the council looks forward to serving the troops as a way of saying thanks for all of their hard work throughout this very busy year.

"As chiefs, we really, really enjoy giving back to the troops and serving them. They are the ones who really do all the hard work. This is just our way of saying thank you," said Kerns.

The Pancake Feed was an annual event in the past, and Kerns said the council likes to serve the unit and they plan to make this an annual event in the future.

Thoughts From The Commander

By Col. Dennis Hayward
155 ARW Vice Wing Commander

Some parting thoughts from a retiring desk bound Colonel who's first goal when joining the Nebraska Air National Guard was becoming a fighter pilot. Consider this, while I reminisce about my 27 year journey in the Guard, if I had become a fighter pilot, would I be retiring as the Vice Wing Commander of the 155th?

My brother had joined the Guard after his tour in the Air Force and was getting tuition assistance for college. Through a series of choices I made after leaving college my junior year, I learned about jobs that I didn't want to make a career out of. Joining the guard was an opportunity for financial aid to finish my education. Recruiting needed cooks and I wanted to fly. Luckily I was introduced to then Maj (Maj Gen Retired) Bailey and worked for the opportunity to be a Weapon Systems Operator in the unit. I swore into the Guard in 1984 and started WSO training at the age of 27 years 4 months, 2 months short of the max age to start flight training.

During the first ten years of my career I was a traditional guard member, balancing, college, work, Guard and family

like most of our unit members. My personal highs during this period were marrying my wife, RF-4C Instructor school, member of the team that flight tested the Navigation and Weapons Delivery System for the RF-4C and then flying with the Spanish and the Korean Air Forces training them how to deploy this system. My personal lows: not finishing my degree, not being able to re-train as a pilot, and the Air Force took our RF-4Cs away.

Guard career next phase, the second decade. 1994 saw the completion of conversion to the KC-135R and the 155th was engaged worldwide. I was hired full time Jan. 1994. Yugoslavia, Haiti, nine-eleven, Afghanistan, and Iraq, the conflicts that changed the guard I joined from a strategic reserve to an operational force. The high points for me were starting a family, Chief Standards and Evaluation, Commander of the Operations Support Flight, and Air Operations Officer. The downside, Pacer CRAG would remove the requirement for a navigator in the 135 and not finishing my degree.

The last seven years have been trying but rewarding. Continued support for the war effort both in and out of the Air Expeditionary Force cycle, responses to natural disasters, inspections, and making choices. High points, family, getting my degree, Sup-

port Group Commander, passing inspections, and Vice Wing Commander. Thirty two years after graduating from high school I earned my college degree by completing 21 semester hours in 12 months.

Education and flying were the reasons I joined, the people were why I stayed. This brief trip down memory lane has been about you, the members of the 155th family. I would have accomplished nothing without your dedication and support. Each of you have had and will have highs and lows as you continue to support the Wing, State and Nation. Focus on the highs and support each other through the lows, just like you have done for me.

I leave knowing that I worked with and for the best of the best. As to the question I asked at the beginning. I adapted my then number one goal from being a pilot to being the best WSO I could be. I have continued to fine-tune my goals and set new ones. To all of you, I salute you and wish each of you success in reaching your goals.



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Upcoming Events

NOVEMBER 2011 UTA: 19 AND 20
NOVEMBER 24, 2011 - THANKSGIVING
DECEMBER 2, 2011 - CHILDREN'S HOLIDAY PARTY
DECEMBER 2011 UTA: 3 AND 4 UNIT HOLIDAY PARTY
DECEMBER 25, 2011 - CHRISTMAS
DECEMBER 26, 2011 - FEDERAL CHRISTMAS HOLIDAY
JANUARY 1, 2011 - NEW YEARS
JANUARY 2, 2011 - FEDERAL NEW YEARS HOLIDAY



Senior Master Sgt. Scott Tontegode

Safety News

Mission First - Safety Always



Lt. Col. Jeff Briere

Thanksgiving Safety Tips

By Tech. Sgt. Megan Zuver
155 Air Refueling Wing Safety Office

Thanksgiving is a time of friends, family, and togetherness. A time when we can celebrate and enjoy one another's company... and of course, eat a delicious meal or two. But before you run to the dinner table and start chowing down, there are some safety tips to make your holiday season a little more enjoyable.

Thanksgiving would not be the same without turkeys, yet very few people take the time to learn how to handle them properly. Any poultry needs special attention when handling. Thawing a frozen turkey the proper way is important to the safety of your family.

Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria. The safest way to thaw a turkey is to thaw it in the refrigerator. You should do this with the turkey still in its' own unopened wrapper breast facing up

and placed on a tray. The accepted rule of thumb for time is one day refrigerator thawing for every four pounds of turkey. Always cook your turkey so the internal temperature is at least 165 F (this includes the stuffing, if you stuff your turkey).

When cooking, start with a clean stove and oven. Keep the kitchen off-limits to young children and adults that are not helping with food preparation to lessen the possibility of kitchen mishaps. Do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns. Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.

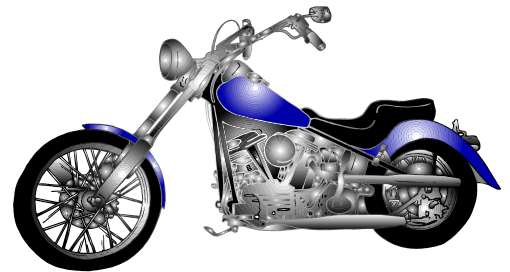
Remember these simple tips when preparing Thanksgiving Dinner. Then, you'll be able to enjoy your time with loved ones, watch the football marathon on TV, or take pleasure in your food coma.

Happy and safe holiday wishes from your safety office staff.

Motorcycle Safety Foundation's Experienced Rider Course

155th Air Refueling Wing now offers reimbursement for the cost of attending the motorcycle safety foundation's experienced rider course.

Motorcycle Riders: The 155th ARW will now pay for you to attend the Motorcycle Safety Foundation's Experienced Rider Course. If you have completed the Basic Rider Course and want to hone your riding skills and fine-tune your mental skills needed for survival in traffic, this is the course for you. **Prior approval from the safety office is required to be eligible for reimbursement.** If you are interested, please contact the Safety Office at 309-1118 or email scott.tontegode@ang.af.mil



Uniform Changes Begin November 1st

As we end the month of October, everyone needs to remember the changes to the uniform rules that go into effect on Tuesday, Nov. 1, 2011.

The biggest change is that BDUs, woodland camo jackets/hats, black t-shirts and black combat and flight boots are no longer authorized for wear as of Nov 1. In addition, desert tan combat boots are no longer authorized for wear with ABUs or flight suits, unless deployed to the CENTCOM AOR. If you have the old Desert Camo Uniforms (DCUs), those are no longer authorized even in the CENTCOM AOR.

It's also worth noting that the Air Force is even interested in your gym bag and backpack. If you're wearing Blues or in your PT Uniform, you can only carry a solid color black or solid dark blue gym bag. If you're wearing ABUs or Flight Suit, the gym bag can be solid color black or blue, ABU-patterned, olive drab or AF sage green. Small logos are authorized, though stitching color must be the same as bag color and

you can only carry it in the left hand.

When it comes to backpacks, the rules are similar to gym bags. With Blues and the PT Uniform, you can have a solid color black only. However, when wearing ABUs or flight suit you can carry a solid color black, ABU-patterned, olive drab and AF sage green backpack. The backpack can be carried in the left hand only and worn on the left or both shoulders, though it may never be worn solely on the right shoulder.

There has also been a change to policy on use of cellular phones when in uniform. Previously, personal cell phones could be used while walking in uniform. The new AFI explicitly prohibits the use of all personal cell phones while walking in uniform, except for official notifications.

These are the big changes coming Nov 1. If you want to check all of the rules to ensure you are in compliance with Air Force policies on uniforms, please visit this website: <http://www.afpc.af.mil/dress/index.asp>.

Communications Flight Welcomes Hansen



Photo by Staff Sgt. James Lieth

Maj. Spencer Hansen (right) accepts the flag of command for the 155th Communications Flight from Col. Wendy Johnson, 155th Mission Support Group commander in a formal ceremony during the October Unit Training Assembly in Lincoln, Neb.

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. – The 155th Air Refueling Wing's Communication Flight welcomed Maj. Spencer D. Hansen as their new commander during a formal ceremony held October 2 during the Unit Training Assembly, in Lincoln, Neb.

Hansen enlisted in the Nebraska Air National Guard five days short of his 18th birthday, in 1989. He was assigned to the Communications Flight in the MultiMedia office as a still photographer. Hansen received his commission through the Academy of Military Sciences in Knoxville, Tenn. in 1998 and was assigned to the Intelligence office of the 155th Operations Group, serving there for 13 years.

Hansen said his grandfather, a Marine in World War II, was his inspiration to enlist in the military.

Col. Wendy K. Johnson, the commander of the Mission Support Group, said Hansen is an intelligent, compassionate individual who is solution oriented, always calm, willing to help, and has a positive "can do" attitude.

Hansen said he would do his best to fulfill his role as a steward of the organization.

Civil Engineers Welcome Veen as Commander



Photo by Staff Sgt. James Lieth

Maj. Barry R. Veen (right) accepts the flag of command for the 155th Civil Engineers Squadron from Col. Wendy Johnson, 155th Mission Support Group commander in a formal ceremony during the October Unit Training Assembly in Lincoln, Neb.

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. – The 155th Air Refueling Wing's Civil Engineers Squadron welcomed Maj. Barry R. Veen, as their new commander during a formal ceremony held October 1 during the Unit Training Assembly, in Lincoln, Neb.

Veen enlisted in the North Dakota Air National Guard in 1995 and worked as an Aircraft Armament Systems Specialist maintaining the F-16 Fighting Falcon weapons system. Veen transferred to the Colorado Air National Guard in 2000 and continued to arm and maintain the F-16 Fighting Falcon. Veen was commissioned in 2002 and began his civil engineer career in the 240th Civil Engineer Flight.

Maj. Veen joined the Nebraska Air National Guard in January 2011 as the Deputy Base Civil Engineer for the 155th Civil Engineer Squadron. Veen has been the acting squadron commander since July, when the Civil Engineers traveled to Tyndall Air Force Base, Fla. for a Silver Flag exercise.

Col. Wendy Johnson, commander of the Mission Support Squadron said, although Veen is fairly new to the unit, he has proven in a short period of time he is capable of leading this squadron. He was put into a commander position with no notice, and successfully led his troops with ease.

RUNNERS FROM PAGE 1

unofficial event, said "With the emphasis being on fitness, we decided we wanted to add morale building and emphasize exercise at the same time."

Bowder said there are two annual 5K runs, the Saint Patty's Day Jog in the spring, and the Jack o' Lantern Jog in the fall.

"We are glad that the senior leadership is supporting it by coming out, I think it means a lot, too. That makes it special," said Bowder.

Staff Sgt. Anita Lovell, Supply inspection, sang the national anthem to formally



Photo by Master Sgt. Vern Moore

Runners participating in the 5K portion of the Jack O' Lantern jog take off at 6 a.m. on Oct. 1, at the Nebraska Air National Guard base.

ly begin the chilled morning assembly. She said it is a fun event and provides an excellent opportunity to integrate fitness

into the lives of guard members.

"It's good and healthy. More people should be health focused," said Lovell.

After the run and walk was complete, refreshments were provided and medals were awarded to the men and women runners placing 1st and 2nd, and the 1st place men and women walkers.

The focus of the jog was to encourage fitness,

to enjoy the company of fellow unit members, and to be ready and able when it is our time to be called.



Photos by Staff Sgt. James Lieth

Tech. Sgt. Sarah Bredthauer, 155th Civil Engineers Squadron, started the Nebraska Air National Guard's Thundering Herd stampede at 8:15 a.m. on Oct. 1, at Memorial Park in Omaha, Neb. for the Market to Market Relay. The Thundering Herd completed the 78.05 mile race in 10 hours, 4 minutes and 24 seconds.



The Nebraska Air National Guard's Thundering Herd finishes their stampede crossing the finish line at Haymarket Park in Lincoln, Neb.

(Top photo) Members of the team are from left: Master Sgt. Jason Holsten, Senior Airman Jamison Nitz, Staff Sgt. Jeff Martin, Tech. Sgt. Casey Svitak, Senior Master Sgt. Scott Tontegode, Tech. Sgt. Sarah Bredthauer, Master Sgt. Shannon Nielsen and Senior Master Sgt. Guy Boden.

Operations Security News

Deployment OPSEC 101

Deployments take us far away from family and friends; consequently, keeping in touch with them is important. However, we must also remember that we can put ourselves and others at risk if we don't use good Operations Security (OPSEC).

People get excited near the end of their deployment or when they get the dates of their expected departure from the AOR. As such, some people forget OPSEC and start making family and friends aware of their return using unsecure methods of communication such as email, Face book, Skype, chat-rooms, etc.

While OPSEC can't be fully summed up in a brief list of rules and regulations and be expected to cover every possible situation, there are a few key items that everyone needs to remember during all phases of deployment (pre-deployment, deployment and re-deployment).

OPSEC General Rules for Deployment:

1. Do not post exact deployment dates or redeployment dates on social media or use unsecure email or phone lines to communicate these dates
2. Avoid posting or sending count-up or count-down tickers for the same reason as rule #1
3. Do not reveal deployment locations, including nearby cities. After the deployment is officially announced by Military officials, you may discuss locations that have been released, normally on the Country level.
4. Do not discuss travel routes ("we travelled through City/Town X on our way to Base X")
5. Be very careful if posting pictures. Avoid images that show significant landmarks near your base of operations, and black out last names and unit affiliations.
6. If posting pictures, don't post anything that could be misconstrued or used for propaganda purposes. A good rule of thumb is to look at your picture without your caption or explanation and consider if it could be re-captioned to reflect poorly on the U.S. Military.
7. Don't release specific names or actual nicknames of deploying or deployed personnel
8. Do not communicate detailed information on the mission, capabilities or morale of a unit
9. Personnel transactions that occur in large numbers (Example: pay information, powers of attorney, wills, etc) are not to be disclosed
10. Details concerning security procedures, response times, tactics are not to be communicated using unsecure communications
11. Don't discuss equipment or lack thereof, to include training equipment

12. Don't speculate about future operations

13. Do not, ever, post information about casualties (coalition or enemy) before the official release of the information.

14. Do not pass on rumors ("I heard we're coming home early", etc)

These OPSEC rules aren't "all-inclusive" nor are they meant to limit your free speech or restrict your liberties - that's exactly what we in uniform fight to protect. However, they are designed to help ensure the safety and security of Service Members.

Remember, no matter your rank, status or position - you have to use good OPSEC.

If you have any questions, contact your Unit OPSEC Monitor.

Photocopying Military ID's

Recent incidents regarding the photocopying of military identification cards and common access cards (CAC), by commercial establishments to verify military affiliation or provide government rates for service, have been reported.

Personnel are reminded that the photocopying of US Government Identification is a violation of Title 18, US Code Part I, Chapter 33, Section 701 and punishable by both fine and/or imprisonment.

Many military members, family members and DoD employees are unaware of this law. Please pass to the lowest level and include in training for force protection, information security and OPSEC.

FPO COMMENTS: Criminal elements and terrorist organizations place U.S. government identifications as a high value logistical element when planning acts against the U.S. military.

Although commercial establishments are not prohibited from asking for military/government identification, many government personnel and commercial establishments are unaware of the prohibition on duplication of government identification. Unfortunately, there are no safeguards in place to ensure a government identification card won't be counterfeited or "cloned" based on a photocopy by a commercial establishment.

It is recommended that military/DoD personnel provide a state drivers license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification.

***NOTE:** This does not apply to medical establishments (i.e. doctor's office, hospitals, etc...) who are allowed take a copy for the purpose of filing insurance claims; and other government agencies in the performance of official government business.



A Chief Concern

State Command Chief

Barb Gossage



Choices

As I enter the last year of my military career, I find myself reflecting on the past 32 years. Much has changed over these last 3 decades...uniforms (many times), regulations to instructions, physical fitness, operations tempo, ancillary training, promotion requirements, technology... the list goes on and on. As I reflect, I find myself asking questions like...Am I ready to retire? Have I given all I could to the organization? What could I have done better? What areas still need my attention? All these questions have a common theme...Have I made the best/right choices along the way? For me personally and for the organizations I've belonged to, I believe the answer is yes.

Some of the decisions have been hard...should I apply for a particular job? Should I deploy? Did I mentor the best I could for the good of the member and the unit? When is the right time to attend PME? Should I go in residence or complete it by correspondence? Have I listened enough to our members? Have I selected the right person to represent the NEANG? While other choices have been easier...Should I reenlist? Should I pursue higher education? Should I stay in the NEANG after moving out of state? Did I support my commander's vision? Did I set my section/squadron/unit up to succeed?

I've tried to always be prepared for the next opportunity whether that was a promotion, a school, a new job, etc. The situation really doesn't matter. What matters most is that you are constantly looking for ways to improve, learn, grow, challenge yourself, and better the organization. You never know when opportunity will knock on your door. I believe if you take care of the organization, the organization will take care of you.

Our lives move more quickly than we realize. I have been in the military for a longer part of my life than I've been a civilian, almost twice as long in fact. At times things move so quickly that we don't have time to think about a decision, we just make it and hope it's the right choice. I ask you to take time. Take the time to think about your actions, think about how your actions affect others and our unit and think about where you want your military career to go. Make a plan and a back up plan, and a back up back up plan, so that you are prepared for any situation.

I'll leave you with this thought...if you can look yourself in the mirror at the end of the day (or the end of your career) and say "I've made good choices," then you've done well for yourself and left a better organization. You should be proud of yourself and the decisions you've made.



Diamond Thoughts

1st Sergeant

Jason Schroeder



1st Sgt. Roles

Greetings fellow 155 Air Refueling Wing members! As a recent addition to the 1st Sft. corps at the 155 ARW, I would like to tell you what the 1st Sgts' roles are within the Wing. These roles were firmly imprinted in my mind as well as Master Sgt. Keith Lund and Master Sgt. Jody Schmidt this past August at the 1st Sgt. Academy.

Some may only see 1st Sgts. as the ones who help plan ceremonies, stress dress and appearance or enforce discipline. However, while these may be some of our responsibilities, they are not our primary mission.

A 1st Sgt's primary mission is to take care of our fellow airmen or in some cases, fellow service members. Sure, taking care of Airmen is the responsibility of everyone in leadership and supervisory positions in the Air Force. However, for 1st Sgt. taking care of Airmen is job one. This is no small task given the current demands on our service members. Those of us that have volunteered and were selected to be 1st Sgts do not take our mission lightly. We knew the challenge before us and we rushed headlong to meet it.

The 1st Sgt is the eyes and ears of a squadron and serves as their commander's critical link for all matters concerning enlisted members. 1st Sgts are responsible for providing sound advice to the commander on a wide range of topics including the health, esprit de corps, discipline, mentoring, well being, career progression, recognition and professional development of all assigned enlisted members. 1st Sgts are ready to respond to the needs of Airmen 24 hours a day, 7 days a week and will at times, be required to work long and irregular hours. While most personnel may only see their 1st Sgts at a UTA, rest assured that we are working many issues outside of UTA weekends.

Although challenging, a 1st Sgt understands that without dedication and sacrifice, our Airmen will not be able to reach their full potential or be at their best when they are needed most. 1st Sgts help Airmen take care of their problems so they can focus on the mission.

Another important role is the relationship 1st Sgts have with their Commander. Commanders and 1st Sgts are not friends, as their relationship is more important than that. It is a bond based on mutual trust and respect. They must share experiences and ideas both good and bad. They must take each other into consideration and give honest responses. Commanders and 1st Sgts establish this bond in order to be "lock-step" in the guidance and direction they give unit members.

In this short article, I tried to expand the understanding of the 1st Sgt's role. The position of 1st Sgt is an enlisted leader serving in a time honored special duty position, rich in custom and tradition. 1st Sgts should be visible, caring, supporting and approachable leaders. 1st Sgts seek out problems by talking to every level of Airmen. However, their mission is impossible without two-way communication with Airmen. Communicating with your 1st Sgt is essential to the success of our mission: taking care of Airmen!

I encourage you to talk with your 1st Sgt and not to hesitate to contact him or her if you have issues that may affect your mission readiness.

New Equal Opportunity Specialist Joins Wing Office

Tech. Sgt. Sharon Okra-Goll was recently selected to fill the Equal Opportunity Specialist position in the Equal Opportunity office. Okra-Goll is originally from Lincoln, Neb. and a single mom to an active 11 year old boy.

Okra-Goll graduated from Lincoln High School, joined the Air Force and began her military career as an Air Surveillance Technician aboard the Airborne Warning and Control Systems airplane. She then cross trained into Aviation Resource Management and has served in Iraq, Saudi Arabia, Germany, Italy, Iceland, Malta, Norway and many other countries and states.

Okra-Goll left active duty after serving over 14 years and came back to Lincoln and joined the 155th Air Refueling Wing as an ARMS technician in Operations.

Okra-Goll has a degree in Behavioral Sciences and has started working on her masters degree which will help serve the 155th members better.

Okra-Goll currently works full-time with the J3 Counterdrug unit as a Drug Demand Reduction Educator, participates in Diversity Discussion luncheons with the Adjutant General and other key leaders and is also a member of the Special Emphasis Program group.

"I am thrilled about this opportunity because I feel that having a safe work environment increases our readiness capabilities and will ensure our mission success" said Okra-Goll.



Before Winter Storms and Extreme Cold get here

Winter is just around the corner and you don't want to get caught "out in the cold." Here are some tips to help you survive another Nebraska winter.

Add the following supplies to your disaster supplies kit:

- Rock salt to melt ice on walkways
- Sand to improve traction
- Snow shovels and other snow removal equipment.

Prepare your home and family

• Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

• Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.

• Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.

• Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.

• Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the

necessary safety precautions.

• Learn how to shut off water valves (in case a pipe bursts).

• Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.

• Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.

Prepare your car

• Check or have a mechanic check the following items on your car:

◦ Antifreeze levels - ensure they are sufficient to avoid freezing.

◦ Battery and ignition system - should be in top condition and battery terminals should be clean.

◦ Brakes - check for wear and fluid levels.

◦ Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.

◦ Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas.

◦ Heater and defroster - ensure they work properly.

◦ Lights and flashing hazard lights - check for serviceability.

◦ Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.

◦ Thermostat - ensure it works properly.

◦ Windshield wiper equipment - repair any problems and maintain proper washer fluid level.

• Install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

• Maintain at least a half tank of gas during the winter season.

• Place a winter emergency kit in each car that includes:

- a shovel
- windshield scraper and small broom
- flashlight
- battery powered radio
- extra batteries
- water
- snack food
- matches
- extra hats, socks and mittens
- First aid kit with pocket knife
- Necessary medications
- blanket(s)
- tow chain or rope
- road salt and sand
- booster cables
- emergency flares
- fluorescent distress flag

Dress for the Weather

• Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.

• Wear mittens, which are warmer than gloves.

• Wear a hat.

• Cover your mouth with a scarf to protect your lungs.

MEDICAL NEWS



MEDICAL READINESS IS YOUR RESPONSIBILITY

Immunization Clinic: (Capt Mikayla Carlson): mikayla.carlson@ang.af.mil- (TSgt Jordan): matthew.jordan@ang.af.mil

SATURDAY:

8 a.m. to 11:30 a.m. – Clinic--- all shots except smallpox (Small Pox will be given SUNDAY at 1 p.m. in the Clinic)

10:30 a.m. to 11:30 a.m. - yellow fever available (once vial is open, it is only good for one hour)

** Flu shots (SUNDAY ONLY, time/place to be determined) have documentation or you will receive the immunization***

HA's/ Fly HA's - 8 a.m. to 11:30 a.m. - Medical Admin: ext 1485 (NCOIC: SMSgt Scott Boden)

SATURDAY:

8 a.m. to 11:30 a.m.- please stop at the admin counter with your appointment card to begin process. * Be sure to have your I.D. card, no I.D. means, no HA+/FLY physical.

NOTE: All unit members due RCPHA within one month (two months for fliers) or overdue, must complete the AFWEBHA. Please complete the AFWEBHA prior to your appointment. The MDG will have your print out available for your appointment. WEBHA how-to: 1. Go to Air Force Portal. 2. Click on the "Home" tab. 3. Scroll down to "Fitness and Health Links". 4. Select "AF Web Based Health Assessment". 5. Select "Patient Log In". 6. Register yourself in the database. 7. Complete questionnaire. 8. Provided registration is correct, info automatically flows to the 155th MDG; refer questions to ext 1485

Dental: ext 2770 (OIC: Dr. Shaddy) raymond.shaddy@ang.af.mil

SATURDAY:

8 a.m. to 11:30 a.m. - Please drop off yearly dental forms (DD Form 2813) in lock box in MDG lobby or scan and email to Dr. Shaddy. Note: new requirement: All unit members will receive military dental exam every 5 years in conjunction with HA+.

All Fly personnel (not AGR) may get credit for their annual dental exam from their civilian dentist by using the DD 2813 form. The requirement for a military dental exam is every 5 years.

Public Health: ext 1487 (NCOIC: MSgt Wharton) tracy.wharton@ang.af.mil - Occupational Health appointments made in advance, please call 1487. Pregnancy notifications must be made to Public Health as soon as member is notified of a positive pregnancy. Any questions call Public Health.

Fitness Questionnaires: ext 1485 OIC: Dr. (Lt-Col Amyot) and PA (Lt Russell): kathleen.amyot@ang.af.mil

SATURDAY: Fitness WALK- IN: 2 p.m. to 3 p.m. – to expedite, call ahead to have your record ready for Dr. Amyot.

--- Please stop at admin counter to get medical record and proceed to instructed area to see provider. PLEASE NOTE: if you are referred to the clinic to see a provider, Dr. Amyot or Lt Russell will review your record and recommend next course of action. The 155MDG will not clear anyone to complete the run without member's personal physician recommendation.

Profile Process: ext 1485 (MSgt Bovinet): kristin.boviolet@ang.af.mil

Commanders/UHM/UDMs will see 469's (profile) or 422's (fitness restriction) in their MS Outlook inbox. Commanders - if you concur with 469: sign, issue to unit member, and scan return to MSgt Bovinet.

For non-concurrence, please call 1485 for appointment with medical provider. Commander or designated representative should issue 422 to unit member.

Lab: (NCOIC: TSgt Salmon): nathan.salmon@ang.af.mil -- please report to "Lab Check-In" window
SATURDAY: 8 a.m. to 11:30 a.m.

Gas mask fit testing (QNFT): ext 1499 (NCOIC MSgt Holsten)

SATURDAY: 8 a.m. to 9:30 a.m. - QNFT

Check out your individual medical readiness (with your CAC reader) at this website:

<https://asims.afms.mil/webapp/AppDir.aspx>

-- IMR is your responsibility!

News and Notes

Know Your Wingman

Organization:	155th Communications Flight
Job Title:	RF transmission systems
Main Responsibilities:	Maintain land mobile radio systems on base
Civilian Job:	Student working on a degree in energy management
Education:	Bismarck State College working on Bachelor's degree
Military History:	4 years on Active Duty stationed at Vance AFB, OK. Joined the Air National Guard in January 2011.
Hobbies:	Working on cars
Goals and Ambitions:	Finish Bachelors degree and complete Airman Leadership School



Senior Airman Jesse Herre

Combined Federal Campaign (CFC) is the world's largest and most successful annual workplace charity campaign raising millions of dollars each year.

Pledges made by Federal military members during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world.

This year celebrates the 50th anniversary for the Combined Federal Campaign and gives federal employees the opportunity to give much needed support back to local and national charitable organizations.

CFC pledge cards and a donation jar will be located in the DFAC during the November UTA.

NEBRASKA AIR NATIONAL GUARD VACANCIES

Career Field	Description	ASVAB	Rank	Squadron	Available	Additional Requirements
1C3X1	Command Post	A-55 & G-67	SSgt	ARW	2	Multiple, check classification
2A6X4	Aircraft Fuel Systems	M-47	SSgt	MXS	2	Normal CV
2F0X1	Fuels	M-47 & G-38	SSgt	LRS	1	Normal CV
3D1X4	Spectrum Operations	E-60	TSgt	CF	1	Must have a previous 3D0 AFSC

FOR MORE INFORMATION CALL 402-309-1172

Congratulations and Welcome

ENLISTMENTS

Senior Airman Grady Ingwersen CES

Airman 1st Class Jared Washington MXS, Samuel Hasterlo CES, Gus Stamps ARW, Ryan Comeau MXS, Steven Dethlefs MXS

Airman Dylan Burke SFS

Airman Basic Mattie Schake FSS, Reiny Dickhaut SFS

PROMOTIONS

2nd Lt. Alex Salmon ARW, Aaron Karpisek ARS

Technical Sergeant Mark Baden SFS, Teresa King OSS, Dustin Day ARS,

Staff Sergeant Philip Francis CES, Thomas Wilson ARS, Amanda Kahler MEDG

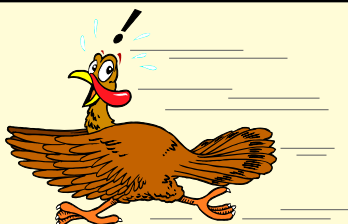
Senior Airman Michael Meyers MXS, Sawyer Ritz MXS, Cheva Jumnongnart MXS

RETIREMENTS

Colonel Dennis Hayward ARW, Lt. Col. Carl Tesch MSG, Senior Master Sgt. Lee Straube ARW, Master Sgt. Mike Miller CES

News and Notes

What's Cookin'...



SATURDAY MENU:

BOTH LINES *Boneless Roast Turkey, Baked Ham, Chicken/Turkey Gravy, Mashed Potatoes, Candied Sweet Potatoes, Dressing, Glazed Carrots, Steamed Corn

SIDES Cranberry Relish, Fruit Cocktail Gelatin, Cranberry Sauce

DESERTS Pumpkin Pie, Pecan Pie, Dutch Apple Pie

SUNDAY MENU: * Herbed Baked Chicken, Beef & Noodles, Chicken Gravy, Scalloped Potatoes, Egg Noodles, Mixed Vegetables, Peas

Short Line Hamburger, Cheeseburger, Garden Burger, Grilled Cheese Sandwich, Hot Turkey Sandwich, Onion Rings, Nachos

Both Lines: Minestrone Soup, Fruit Salad, Potato Salad, German Chocolate Cake, Assorted Cookies, Holiday Candies, Fresh Fruit

The Dining Facility is open 11 a.m. to 1 p.m.
Everyone using the facility must present a valid ID card.

* Indicates Healthy Choice Item

Community Outreach Nose Art 2012

It is time to submit your town for the 8th annual Community Outreach Nose Art project. The Nose Art project goal is to promote civic pride in youth while recognizing a community, its unit member residents and promote civic involvement of the Nebraska Air National Guard.

The 155th Air Refueling Wing will solicit artwork from middle and high school students, grades 7-12, representing the community and/or its history. The artwork will then be reproduced and applied as traditional nose art on a Nebraska Air National Guard KC-135 aircraft, representing the community selected, and the state of Nebraska for one year as the aircraft travels across the country and around the world. Please submit your nomination forms to the Nose Art program manager Senior Master Sgt. Tom Reimers, due by close of business Dec. 4, 2011. Nominator's should be willing to work with the program manager, the town leadership and school staff.

Contact Senior Master Sgt. Tom Reimers at extension 1344 for questions. You may also talk to Tech. Sgt. Nate Schmaderer (West Point) or Master Sgt. Clint Snider, Tech Sgt. James Kenning and Staff Sgt. Eric Hilton (Elwood) or Master Sgt. Bill Rowell (Wilber), or Tech. Sgt. Sara Bredthauer and Master Sgt. Shannon Nielsen (Sterling) as past nominators about their experiences.

The nomination form can be located at: Link to a document 'Nomination form 2012 Nose Art.' <https://afkm.wpafb.af.mil/DocView.asp?DocID=11512803>



SAT CALENDAR

6:15 A.M.	SPRINT CLASS
7:30 - 8 A.M.	STAND-UP
8:30 A.M.	FITNESS TESTING (RUN ONLY) GYM
9 A.M. - 3 P.M.	FSS ID CARD AND CUST SERVICE
9 A.M. - 3 P.M.	AIRMAN PREP FSS CONF ROOM
11 A.M. - 1 P.M.	DFAC SERVING LUNCH
1 - 4 P.M.	TESTING BASE TRAINING
1 - 3 P.M.	TSART EXERCISE
2 - 3 P.M.	MIKE MILLER RETIREMENT CES
3:30 - 4:30 P.M.	DENNIS HAYWARD RETIREMENT

SUN CALENDAR

6:15 A.M.	SPRINT CLASS
9 A.M. - 3 P.M.	FSS ID CARD AND CUST SERVICE
9:30 A.M.	FITNESS TESTING (RUN & WALK) GYM
11 A.M. - 1 P.M.	DFAC SERVING LUNCH
1 - 4 P.M.	TESTING BASE TRAINING
3 - 4 P.M.	YRRP 90 DAY POST DL EAST
3 - 4 P.M.	LT. COL. TESCH RETIREMENT CES
3 - 4:30 P.M.	HONOR GUARD PRACTICE DL WEST

News and Notes

Financial News

Defense Travel System – Implementation for Travel Orders

Effective Nov. 1, 2011, all non exempted travel authorizations (orders) and vouchers will be input into the Defense Travel System. Please visit our Finance Community of Practice to view valuable information regarding DTS: <https://afkm.wpafb.af.mil/ASPs/docman/DOCMain.asp?Tab=0&FolderID=AN-FM-XF-03-12-1&Filter=AN-FM-XF-03>.

If you are not registered for DTS, please go to the CoP link above to view the “155th Self-Registration Example” or contact with your squadron Organizational Defense Travel Administrators for assistance. If you are using a computer with Windows 7, please go to the CoP link above to view the “Fix for Windows 7 computer errors” to convert the Internet Explorer as you will encounter computer errors with the DTS self-registration process only.

When adding your travel authorization into DTS, your travel status, purpose, and duty dates from your Air Force Reserve Order Writing System order must be added in the “Trip Description” section of the itinerary. Please refer to item 1 “Type of Duty/Authority”, item 2 “Purpose”, and item 4 “Itinerary” paragraphs on your AROWS order.

For example, if the member is traveling in an Annual Training Status with the purpose “Local Training” with duty dates Nov. 14-18, 2011 on the AROWS order, the Trip Description should state, “Annual Training State (Title 32), Local Training, 14-18 Nov 2011”. Members/Non-DTS Entry Agents must also upload a copy of your AROWS order under the “Expenses” tab in the “Substantiating Records” section of your DTS authorization. If this information is not included in your DTS authorization, your reviewing official will return it to you for correction. The CoP link listed above has DTS screen shots of how to enter these items in your DTS authorization. After duty is performed members will create their voucher in DTS and upload copies of all required receipts instead of submitted paper travel vouchers to the Finance Office.

Please contact your squadron ODTA if you have any additional questions regarding DTS. As with any new program or process we will experience growing pains. The key to overcoming these obstacles will be good communication between our members, supervisors, NDEA, ODTAs, and your finance office.

Mobile vet center on base during Dec. UTA

The Lincoln vet Center staff provides the following array of services, which include individual, marital, and family therapy; rap support group and spouse support group; counseling, information, sexual trauma counseling, and referral regarding substance abuse, employment, education, discharge upgrading, utilization of any VA benefits, and financial crisis; screening and referral to VA inpatient care (alcohol/drug and psychiatric) or PTSD unit. Family members of service members killed on active duty are eligible for Bereavement counseling.

Outreach services are aimed at locating, informing, and engaging eligible veterans frequently having limited access to counseling due to a variety of social, cultural and economic circumstances. Staff is also available for presentations to groups or agencies interested in combat veterans, combat war trauma and POW issues.

Childrens Holiday Party

The 9th Annual Nebraska National Guard Children's Holiday Party will be held Friday, December 2, 2011 from 6 to 8 p.m. at the Lincoln Children's Museum, 1420 P Street, Lincoln, Neb.

This event is free and open to all Nebraska military members and their families.

There will be cookies and beverages, and an opportunity to meet with Santa!

For more information, please contact the State Youth Coordinator, Jessica Cooley at 402-309-7338 or Karen Jordan-Anderson: 402-309-1558 or Karen.anderson.1@ang.af.mil



Where: Uncle Ron's Saloon
2137 Cornhusker Hwy
Lincoln, Nebraska
When: December 3, 2011
Time: 5 p.m. to 12 a.m.

Ticket prices are as follows:

Officers and Retirees: \$ 15
SSgt's thru Chiefs \$ 10
Amn thru SrA \$ 5

Tickets may be purchased thru

Unit Orderly Rooms
and
Wing Command Section

Happy Hour: 5 p.m. to 6 p.m.

Dinner: 6:30 p.m. to 8 p.m.

After Dinner Activities

DJ
Bull Riding Competition
Silent Auction
Door Prizes

Big Ten Championship on all TV's

